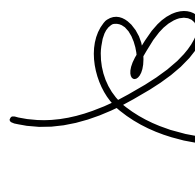




A Little Something To Know...

We are so many things to so many people that we can forget that others don't define who we are. So who are you...really...deep inside where no one is looking? That can sound like a big, heavy question. So we encourage you to approach it in a light, one-word, "this is all about me" kind of way. Grab your colored pencils, check out the example, and have fun with this happy little tool that is "all about YOU!"



A Little Something To Journal About...

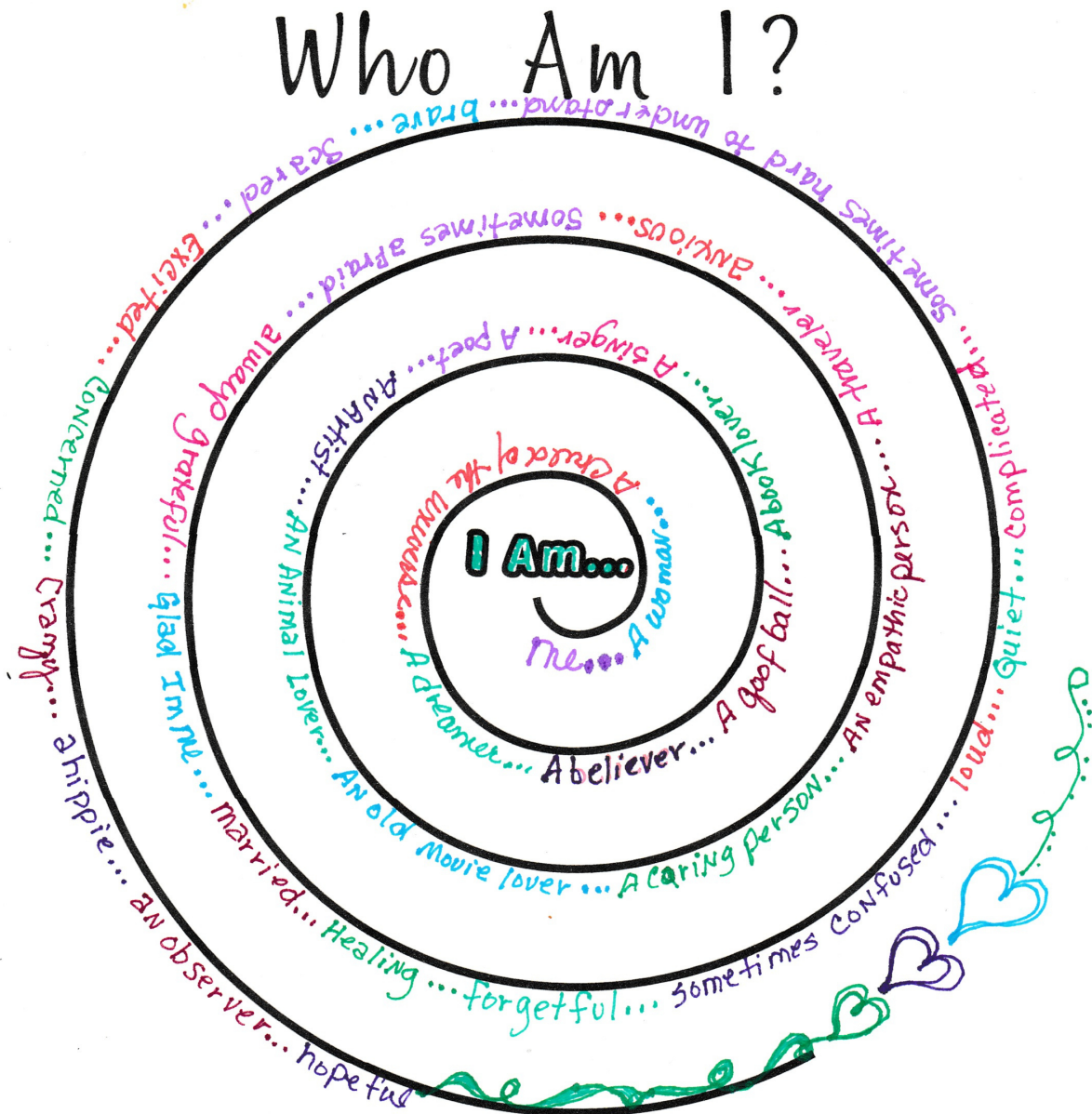
We can become very lost in how others perceive us, how they relate to us, and what their expectations are. But who are you when it's just you and your own breath? Who are you when you owe no explanation to anyone? Even past who you are... who do you want to be?

Write about that part of you. What words describe you when you ask yourself the question, "Who am I?" This is a great journal discovery to help you find words to declare, "I AM" on your spiral. However, you finish the declaration, "I Am," know that you are enough. You matter, and you've got this.



Examples & Instructions...

You are possibly many things to many people. Yes, you may be a parent, a friend, a sibling, and an employee. But that's who you are to others. Who are you at your inner being of your genuine self? Write down the first things that come to mind and keep them somewhere you can see them (for those days you might forget). If you're stuck for words, we've provided an example to get you started. (Give yourself extra credit for using colored pens.)



Who Am I?

